HANDOUT **5-1**

INVENTORY OF DRUG TAKING SITUATIONS QUESTION BOOKLETS AND ANSWER SHEETS

Administer copyright tool.

HANDOUT 5-2

EXAMPLES OF EACH RISK CATEGORY

Below you'll find examples of the kinds of triggers that fall into the categories used in the Inventory of Drug Taking Situations (IDTS) questionnaire that you completed. This information is intended to help you understand and better use the results of the IDTS.

Unpleasant Emotions: If I were depressed; If I felt I had let myself down; If I were bored; If I were lonely; If I were anxious about something; If I felt guilty about something; If I were angry at the way things had turned out; If I felt confused about what I should do.

Other examples:

• **Physical Discomfort:** If I felt shaky or sick; If I had trouble sleeping; If I wanted to stay awake, alert or be more energetic; If I had a headache or was in physical pain.

Other examples:

• Conflict with Others: If I felt tense or uneasy in the presence of someone; If I were unable to express my feelings to someone; If other people rejected me or didn't seem to like me; If other people treated me unfairly or interfered with my plans; If I felt that other people were putting a lot of pressure on me or that I couldn't measure up to their expectations.

Other examples:

 Pleasant Times with Others: If I met some old friends and we wanted to have a good time; If I were with an intimate friend and we wanted to feel even closer; If I were with friends and wanted to increase my enjoyment; If I wanted to celebrate with a friend; If I were having a good time and wanted to increase my sexual enjoyment.

Other examples:



Examples of Each Risk Category (continued)

• **Pleasant Emotions:** If I were happy; If I felt confident and relaxed; If I felt excited about something; If I were feeling content with my life; If I remembered a good thing that had happened.

Other examples:

Urges/Temptations to Use: If I were in a place where I had used or bought
these drugs before; If I unexpectedly found some of these drugs or happened
to see something that reminded me of these drugs; If I had been drinking and
thought about using these drugs; If I heard someone talking about their past
experiences with these drugs; If I began to think how good a rush or a high
had felt.

Other examples:

 Social Pressure to Use: If I were invited to someone's home and felt awkward about refusing when they offered me to use/drink; If I were out with friends and they kept suggesting we go somewhere and use these drugs; If others in the same room were using these drugs and I felt that they expected me to join in; If I were pressured to use these drugs and felt that I couldn't refuse; If I were with a group of people and everyone was using these drugs.

Other examples:

Testing Personal Control: If I wanted to see whether I could use these
drugs in moderation; If I wanted to prove to myself that these drugs were not
a problem for me; If I wanted to find out whether I could use these drugs
occasionally without getting hooked; If I wanted to test out whether I could be
with drug-using friends without using these drugs; If I wanted to test out
whether I could be in places where these drugs were being used without
using any.

Other examples:

WORKSHEET **5-3**

My Triggers/Action/Consequences

INSTRUCTIONS

Complete this form. For your:

- Triggers column, consider your personal IDTS graph and handout 5-1.
- Action column, consider your top drug of choice.
- Consequences column, consider Worksheet 3-1.

What influenced you ———	to use	► to get desired consequences
TRIGGERS	ACTION	DESIRED
People, places, things, smells,	What did you do? Your	CONSEQUENCES
events, time of day	drug of choice.	Get or Avoid

HANDOUT 5-4

CHANGING MY T-A-C

Now that you've mapped out your own T-A-C's, they can be useful for understanding what you can do to change your substance use. There are three ways to change your T-A-C:

1. Change the Trigger

Now that you know how these situations will tempt you to use, what can you do about your triggers? You can:

- Avoid the people, places, things...
- Think differently about the trigger is it so bad to be bored?

Other ways to change my triggers:

2. Change the Action

Instead of using drugs/alcohol what else can you do that will give you the same desired consequences?

- Do something else!
- Go for a walk, talk to someone, exercise...

Other ways to change my action:

3. Change the Consequences

What can you do to change your desired consequences?

- Understand there are other ways to get these rewards. How else can you reward yourself? Look back to alternate actions.
- Change how you think about your desired consequences. What would happen if you don't achieve them? Is it the end of the world if you become bored? Will you die if you have to experience some withdrawal symptoms?
- Are there any long-term negatives you should be thinking about instead of the short-term positives? (refer to your decisional balances)

Other ways to change my desired consequences: